

## Run a 5K Plan

Use this program to train for a 5-kilometer run over 8 weeks:

WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	Rest	Run 7 minutes, walk 2 minutes.  Repeat twice.	Walk 20 minutes.	Rest	Run 8 minutes, walk 2 minutes.  Repeat twice.	Rest	Run 7 minutes, walk 1 minute.  Repeat twice.
2	Rest	Run 9 minutes, walk 2 minutes.  Repeat twice.	Walk 25 minutes.	Rest	Run 10 minutes, walk 2 minutes.  Repeat twice.	Rest	Run 9 minutes, walk 1 minute.  Repeat twice.
3	Rest	Run 12 minutes, walk 2 minutes.  Repeat twice.	Walk 30 minutes.	Rest	Run 14 minutes, walk 2 minutes.  Repeat twice.	Rest	Run 12 minutes, walk 1 minute.  Repeat twice.
4	Rest	Run 16 minutes, walk 2 minutes.  Repeat twice.	Walk 35 minutes.	Rest	Run 18 minutes, walk 2 minutes.  Repeat twice.	Rest	Run 15 minutes, walk 1 minute.  Repeat twice.
5	Rest	Walk 15 minutes, run 20 minutes.	Walk 40 minutes.	Rest	Walk 10 minutes, run 25 minutes.	Rest	Walk 15 minutes, run 20 minutes.
6	Rest	Walk 5 minutes, run 25 minutes.	Walk 40 minutes.	Rest	Walk 5 minutes, run 30 minutes.	Rest	Walk 5 minutes, run 25 minutes.
7	Rest	Run 30 minutes.	Walk 40 minutes.	Rest	Run 35 minutes.	Rest	Run 20 minutes.
8	Rest	Run 15 minutes.	Rest	Rest	Run 15 minutes.	Rest	<b>5K Race Day</b>